

## AUGUST 2016 - GROUP EXERCISE SCHEDULE

Freestone Recreation Center 1141 E. Guadalupe Rd Gilbert, AZ 85234 (480) 503-6202

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES	AM CLASSES
6:00-7:00am ◆PRECISION TONING Rachel E (30)	6:00am - 6:45am ◆BOOT CAMP Jon (30)	6:00-7:00am ◆CORE FIT Rachel E (30)	6:00am - 6:45am ◆BOOT CAMP Jon (30)	6:00-7:00am ★PRECISION TONING Rachel E (30)	7:15-8:15am ◆CORE FIT Rachel E (30)	
8:30-9:30am PILATES Lynda (30)	8:00-8:30am TONING RHYTHMS Michelle (30)	8:00-8:45am ◆TABATA Michelle (30) - ARB	8:30-9:30am TONING RHYTHMS Michelle (30)	8:30-9:30am GENTLE YOGA Dawna (30) - Asmbly	8:30-9:30am ZUMBA Selene (50)	
9:00-9:30am EXPRESS CYCLE Liza (12) - Cycle Room	8:30-9:35am ZUMBA Michelle (50)	8:30-9:30am PILATES Lynda (30)		8:30-9:30am PILATES Marie (30)	8:30-9:30am POWER CYCLE Rachel E (12) - Cycle Room	
9:45-10:35am MUSCLE CONDITIONING Liza (30)	9:00-9:45am ★FOREVER FIT Liza (20) - ARB	9:00-9:50am POWER CYCLE Liza (12) - Cycle Room	9:00-9:45am ★FOREVER FIT Liza (20) - ARB	9:00-9:30am EXPRESS CYCLE Liza (12) - Cycle Room	9:45-1030am TABATA Susan/Izy (30)	
11:00am-12:00pm PRIME TIME FITNESS Jenny (40)	9:45-10:45am PILATES Marie (30)	9:40-10:40am ZUMBA GOLD Michelle (50)	9:45-10:45a TONE & STRETCH Michelle (30)	9:45-10:35am MUSCLE CONDITIONING Liza (30)	11:00am-12:00pm YOGA - ALL LEVEL Rachel L (30) - Assmbly Rm	10:15-11:15am ZUMBA Selene (50)
⌚12:00-1:00pm ZUMBA GOLD Michelle (50) - Gym		10:50-11:50am YOGA - ALL LEVEL Deanna (30)	11:00am-12:00pm PRIME TIME FITNESS Jenny (40)	10:50-11:50 YOGA - ALL LEVEL Deanna (30)		
12:30-1:45pm GENTLE YOGA Deanna (30)	11:00am-12:00pm PRIME TIME FITNESS Jenny (40)			12:00-1:30pm ZUMBA GOLD & STRETCH Michelle (30)	LET THE ENTHUSIASM AND ENERGY OF THE GROUP BE YOUR FUEL - Susan Trainor	
PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	PM CLASSES	Legend	
400-4:45pm FULL BODY BLAST Susan (30)	4:00-4:45pm TONE & STRETCH Susan (30)	400-4:45pm UPPER BODY BLAST Susan (30)	400-4:45pm LOWER BODY BLAST Rachel E (30)		(#) Class Maximums Asmbly - Assembly Rm ARB - Aerobics B	★NEW Class ◆New Class Name ⌚Time Change
5:00-5:30pm CORE STRENGTH Delia (30)	5:00-5:45pm TONING RHYTHMS Jackie (30)	5:10-6:10pm ◆CORE FIT Rachel E (30)	5:10-6:00pm PILATES SCULPT Liza (30)		<b>GENERAL CLASS INFORMATION</b>	
5:40-6:25pm PiYo Live Delia (30)	6:00-6:45pm TBC/TABATA Jackie/Izy (30)	6:20-7:20pm ZUMBA Selene (50)	6:15-7:15pm ZUMBA Michelle (30)		Fitness classes are designed for participants 15 years and older. Children 11 years and under are not permitted in fitness classes. Children ages 12-14 years wishing to attend the fitness class must be accompanied by a participating adult. Kiddy Korner is available for children 18mos - 7yrs while parent is on site. Valid daily pass or membership is required for use of this service.	
6:35-7:35pm ZUMBA Michelle (50)	6:00-7:00pm GENTLE YOGA Beth (30) - Asmbly Rm			6:00-7:00pm ★ZUMBA Caleb (50)		
7:15-8:15pm YOGA - ALL LEVEL Rachel L (30) - Asmbly Rm	7:00-8:00pm PILATES Marie (30)	7:15-8:15pm YOGA - ALL LEVEL Rachel L (30) - Asmbly Rm				

All group exercise classes are held in Aerobics Room A unless otherwise noted. Cycling classes are held in the cycling room in the rear of the building. Class sizes are limited. The instructor will collect all passes at the start of class. Closed toed shoes are required with the exceptions of yoga or Pilates classes. All classes, times, and instructors subject to change and/or cancellation.

Please let the instructor know of any physical limitations or injuries prior to the start of class.

**KIDDY KORNER HOURS:** M-F: 8am-12pm & 4pm-8:15pm Saturday: 8am - 2pm Sunday: Closed

## CLASS DESCRIPTIONS

**Boot Camp:** This action-packed class is never the same, but always a challenge. Class includes quick-paced agility exercises, heart-pumping cardio drills, fun partner relays, sports conditioning circuits, plyometrics, full-body resistance training, hill sprints, stair climbs, active group games and creative exercise challenges.

**Core Fit:** This class is designed to work your entire body, through your core! This dancer inspired body-sculpting method uses high-rep exercises that work your body in multiple angles calling on multiple muscles at once for an intense total body workout all while strengthening your core for lean, balanced body strength.

**Core Strength:** Help build a more stable, powerful abdomen and lower back to improve fitness, straighten posture and provide a solid foundation in this intense 30 minute class.

**Express Cycle:** Get your cardio in with this 30 minute class designed for all levels. Variable rides will include hills, sprints and end with a stretch.

**Forever Fit** (formerly SilverSneakers): This class is designed for men and women 55+ years old or those looking for a gradual return to peak fitness levels. Consisting of a variety of exercises to improve balance, strength, and cardiovascular health which incorporates stretching, aerobics, and relaxation. Chair based exercises suitable for members that cannot stand or have some limitations in standing. A good starting point for members recovering from an operation or illness.

**Full Body Blast:** This complete body workout challenges both your muscular strength and muscular endurance. Every muscle group is targeted, leaving you with a totally toned body!

**Lower Body Blast:** Target your lower body muscles properly with the perfect balance of core strength training while sculpting and shaping your hips, thighs and glutes.

**Muscle Conditioning:** A weighted workout set to the rhythm of music, this class will help you get a cardio workout along with strength and endurance through the use of dumbbells, bands, and a flex ball.

**Pilates:** This method of body conditioning is a unique blend of stretching and strengthening that will tone muscle, improve posture, provide flexibility and balance, unite the mind and body, and create a more streamlined shape. *Bringing your own yoga/Pilates mat is recommended for this class.*

**Pilates Sculpt:** Pilates principles and small apparatus such as bands, balls and weights are integrated to create a dynamic class that will strengthen your core and more! Bringing your own yoga/Pilates mat is suggested.

**PiYo Live:** PiYo™ is a unique class designed to build strength & gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

**Power Cycle:** This unique hybrid cycle class incorporates additional interval and strength training into a traditional cycle format, allowing participants to build both cardio and

**PrimeTime Fitness:** This class is designed for men and women 55+ years old or those looking to expand their strength and flexibility at a more advanced level than the Silver Sneaker program.

**Precision toning:** This class is divided into four targeted segments: Arms, legs, butt and abs. Each segment's unique exercise is designed to work all the muscles within each target area, to build a strong balanced body. The class is built around a fast pace, unique body positioning and high rep count. You'll do alternating sequences of standing, kneeling and floor exercises, targeting multiple muscle groups at once to maximize your workout for a leaner stronger you.

**Tabata:** Tabata is an intense fitness class that works the entire body. Tabata training lasts four minutes following a pattern of 20 seconds of work; 10 seconds of rest that is repeated 4 times throughout the class.

**Tone & Stretch:** This class blends lightweight toning & deep stretching through a series of flowing movements using a variety of equipment to create a longer, leaner look.

**Toning Rhythms:** Take your toning conditioning to a whole new level! Choreographed to fun, upbeat, music each song will target a specific muscle group using light weights and fitness equipment to maximize toning and calorie burn.

**Total Body Conditioning (TBC):** This class focuses on exercises that simultaneously use multiple muscles and joints to improve muscular endurance, overall strength, coordination, balance, posture and agility. This class is guaranteed to give you a challenging, effective, and fun full-body workout!

**Upper Body Blast:** Target your upper body muscles properly with the perfect balance of core strength training while sculpting and shaping your biceps, triceps, shoulders and back

**Yoga-All Level:** This class will offer flowing sequences, relaxation, and meditation. Instructor provided adaptations make this class great for beginners, intermediates, and advanced yogis looking for a challenge. *Bringing your own yoga/Pilates mat is recommended for this class.*

**Zumba:** This fusion of Latin and international music will create a dynamic fitness environment that combines movements in an interval training approach through dance.

**Zumba Gold:** This adaptation of a Zumba class brings the thrill of the dance party to a modified, low-impact environment for active adults who want to move at their own speed.